

# Powerful Tools for Caregivers Classes

## Classes for People Helping Older Relatives or Friends

A six-week educational program designed to provide caregivers the tools needed for taking care of themselves is now being offered. Through six 2 1/2 hour sessions held on a weekly basis, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and balance their lives. **Pre-Registration is required** - Call 858-2177 or e-mail [caregiver@erie.gov](mailto:caregiver@erie.gov) for more information about Powerful Tools for Caregivers Classes and to register. There is a \$25 cost for the course, which includes a copy of *The Caregiver Helpbook*.\*



*Balance  
Your  
Life*



<i>Class Location</i>	<i>Day</i>	<i>Dates &amp; Time</i>
The Dale Association Center* 33 Ontario St., Lockport, NY 14094	Tues.	March 22 - April 26, 2016 1:00pm - 3:30pm
Trinity Old Lutheran Church* 3445 Sheridan Dr., Amherst, NY 14226	Wed.	April 6 - May 11, 2016 4:00pm - 6:30pm

Additional classes are being scheduled. For more information or to register, contact:  
Erie County Department of Senior Services at 858-2177 or e-mail: [caregiver@erie.gov](mailto:caregiver@erie.gov)  
Class listing is also on our website at: [www2.erie.gov/seniorservices](http://www2.erie.gov/seniorservices)

*\*Complete course cost is covered for all Blue Cross/Blue Shield of WNY and Independent Health members.*

**\*\* Course cost is covered in full by Health Foundation of Western & Central NY Cultural Diversity Grant funding for those that are uninsured.**

Co-sponsored by The University at Buffalo, School of Public Health and Health Professions and the Erie County Caregiver Coalition.